

# Newsletter

December 2007

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## RESEARCH SUCCESS AT SWAHS

### Research Success at SWAHS - LAUNCH of SeeMyRisk

A unique web-based calculator that assesses a woman's personal risk of breast cancer was launched at the NSW Breast Cancer Institute (BCI) at Westmead on Wednesday, 21<sup>st</sup> November 2007.

Seemyrisk.com is simple to use and gives a more accurate prediction of breast cancer risk using a groundbreaking mathematical formula based on worldwide studies.

The calculator was invented by BCI executive director Professor John Boyages (Sydney), Dr Nathan Coombs (United Kingdom) and Professor Richard Taylor (Queensland), and developed with assistance from Microsoft.

Professor Boyages said seemyrisk.com makes complex health information easy to access and understand, which would help women to be more engaged in their health. "This is a great step forward for women who are anxious about developing breast cancer and want personalised and dependable information," he said.

Professor Boyages has dedicated his professional career to assisting women in the fight against breast cancer. As a clinician he cares for thousands of women with breast cancer who have been diagnosed or treated every year. Following two studies, the Women's Health Initiative published in 2002 from America and the Million Women Study in 2003 from Oxford University, a collapse in public confidence in HRT occurred. "The risks were over-inflated and not conveyed simply by leading experts or the media" said Professor Boyages. HRT usage rates plummeted by nearly 70 percent after media reports said that HRT "doubled" the risk of

developing breast cancer. "Information about HRT and breast cancer risk is often misunderstood and the media reports were misleading because they did not specify a baseline. Many women were over-estimating their risk of breast cancer and unnecessarily avoiding short-term HRT to deal with their menopausal symptoms", said Professor Boyages. The idea for this simple calculator came out of trying to balance the "hysteria and anxiety that was generated in women".

Dr Nathan Coombs said "the calculator finds the true underlying "population" risk of an individual before adding extra risk factors such as family history or hormone replacement therapy (HRT), which makes seemyrisk.com more reliable than other breast cancer calculators".

The calculator displays results as a percentage and also as a figure, such as one in 12. The patient and her doctor may then decide that a small increase in risk is an acceptable trade-off for the other benefits of taking HRT, Dr Coombs said. "For women who can't sleep at night because of hot flushes and night sweats, they might find this risk acceptable. The main thing is that the calculator can present what it means for a woman of a particular age who is considering taking HRT."

Seemyrisk.com calculates an individual's breast cancer risk for women of different races from 19 countries and states, including Australia, the United States and the United Kingdom.



Sample results page

"Our calculator uses a verified and patented technique, which has attracted much international interest. We were invited by the National Cancer Institute in the United States to work on US data using our calculator and have

## DO YOU THINK YOU HAVE AN INVENTION? OR DO YOU HAVE ANY QUESTIONS ABOUT RESEARCH COMMERCIALISATION - CONTACT THE OFFICE OF COMMERCIALISATION

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The Office of Commercialisation is responsible for all IP owned by SWAHS – please refer to our website [www.officeofcommercialisation.com](http://www.officeofcommercialisation.com).

published seven peer reviewed publications in the area,” Professor Boyages said.

To access the new calculator women should visit [www.seemyrisk.com](http://www.seemyrisk.com).

## MORE SUCCESS AT SWAHS

### Westmead Hospital Insulin Identification Chart

#### Which Insulin? An Educational and Safety Initiative

Did you know that insulins are a high-risk medication for error? This is one of the main reasons this chart was created by the Westmead Hospital Drug Information Unit. Version 3 of the Insulin Identification Chart has been recently released. It contains images, formulations and presentations of marketed insulins in Australia in the format of a multiple page flip chart. It is intended as a tool for education and quality use of medicines, and has been designed for placement on refrigerators in hospital clinical areas and for use in diabetes clinics to

- assist with product selection of insulins
- decrease medication errors with insulins
- increase education about types and properties of insulins available in Australia

All of the insulin manufacturers/distributors readily cooperated with the project.

The Westmead Hospital Insulin Identification Chart has proven to be a valuable in-house tool. Through recognition of the importance of education in this therapeutic area, the latest version has been sponsored by sanofi aventis to enable national distribution of this collaborative project.

Copyright of the Chart is held by the Westmead Hospital Drug Information Unit. Version 3 of the Insulin Identification Chart is available for Westmead Hospital clinical areas from the Westmead Hospital Drug Information Unit. Other hospitals may obtain supply via sanofi aventis (phone 02 8666 2345).

## INSULIN IDENTIFICATION CHART

Originally, insulin was made from the pancreases of pigs and cattle, and insulin purified from beef pancreas is still marketed in Australia. Many insulins are now genetically engineered using recombinant DNA technology to produce insulin identical to human insulin. An extension of this technology has produced insulin analogues which incorporate a slightly different structure to human insulin that allows alterations in duration of action and time to onset of effect.

Insulin preparations can be divided into three groups with regard to their onset and duration of action, as shown in the table below. Biphasic preparations are pre-mixed combinations of a short-acting or rapid-acting insulin and an intermediate-acting insulin. In Australia, all marketed insulin preparations contain 100 units/mL.

	Generic name	Brand name(s)	Type
<b>Rapid-acting</b>	Glulisine	Apidra	Human insulin analogue
	Aspart	NovoRapid	Human insulin analogue
	Lispro	Humalog	Human insulin analogue
<b>Short-acting</b>	Neutral	Actrapid, Humulin R	Recombinant human insulin
	Neutral	Hypurin Neutral	Bovine insulin
<b>Intermediate-acting</b>	Iscophane	Protaphane, Humulin NPH	Recombinant human insulin
	Iscophane	Hypurin Iscophane	Bovine insulin
<b>Long-acting (basal insulins)</b>	Detemir	Lavemir	Human insulin analogue
	Glargine	Lantus	Human insulin analogue
<b>Biphasic</b>		Mixed 30/70, Humulin 30/70	Recombinant human insulin
		Mixed 50/50	Recombinant human insulin
		NovoMix 30	Human insulin analogue
		Humalog Mix 25, Humalog Mix 50	Human insulin analogue

Do not substitute brands of insulin

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## CE Innovation Forums – Great Success in 2007

Introduced in June 2007 the Chief Executive Innovation Forums are aimed at SWAHS staff with a general theme of ‘Innovation’ and how it is contributing to patient care.

Five forums were held between June and November covering a wide variety of topics as follows:

June – Professor John Boyages – *The Breast Cancer Calculator*

August – Assoc Professor Peter Klineberg – *The West-Tech Laryngoscope*

September – Ms Susan Dunn – *The CE Dashboard*

October – Dr John Gallagher – *Infection Control – The Way Forward ‘Novel Laboratory & Clinical Infection Control Tools’*

November – Professor Jon Patrick – *USYD-SWAHS Working together on Health Innovation at SWAHS Hospitals*

The forums were successful in many ways including:-

- getting staff together to explore commercialisation of innovations
- lively discussions following the presentations
- presenting an opportunity to examine innovation at SWAHS with the Chief Executive
- new joint projects being proposed between different groups within SWAHS, their partners and stakeholders.

In addition, the forums outlined the services available to staff from the SWAHS Office of Commercialisation.

Further forums are planned for 2008 – check our website for details

<http://www.officeofcommercialisation.com/site/pag26.php>.

Details of all OOC Investment opportunities can be downloaded from

[http://www.officeofcommercialisation.com/dnl/OOC\\_investment\\_opportunities.pdf](http://www.officeofcommercialisation.com/dnl/OOC_investment_opportunities.pdf)

## BREAKING NEWS - 2008 IP CONFERENCE

The 2<sup>nd</sup> Annual IP Management and Commercialisation for Hospitals Conference will be held at the Centenary Theatre at Royal North Shore Hospital in Sydney on Friday 16 May 2008. The Conference Organising Committee are finalising the program for release in early 2008.

Contributions to the Office of Commercialisation SWAHS Newsletter - We are happy to publish your contributions, articles, press releases or calls for collaboration. Email the Publisher Ms Lindy Ferris [lferris@officeofcommercialisation.com](mailto:lferris@officeofcommercialisation.com) or call 02 9926 8348.